

WHAT ARE YOU INTERESTED IN?

Read each statement below and put a checkmark in the oval to the right of it if you agree.

I LIKE TO:

work in groups/on teams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
read scientific or technical journals.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work independently.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
help people with problems.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
play an instrument or sing.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
follow clearly defined procedures.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tinker with machines/vehicles.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
be elected to office	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
analyze data.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
have clear instructions to follow.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work outdoors.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
discuss politics/current events.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use data processing equipment.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
read fiction, plays, and poetry.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work with my hands.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
win a leadership or sales award.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
attend concerts, theatres, art exhibits.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
explore a variety of ideas.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work with numbers.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work with young people.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
express myself creatively.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sell things.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
cook.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
type or take shorthand.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work on crafts.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work on math problems.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
be responsible for details.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
campaign politically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tend/train animals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
have power or status.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
take photographs.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
learn about other cultures.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
figure out how things work.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
participate in meetings.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
collect or organize things.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
think things through before deciding.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
deal with ideas that are vague.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work independently.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
serve others.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
start my own service or business.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
perform lab experiments.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work on electronic equipment.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
play team sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
meet important people.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
influence or persuade people.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
have my day structured.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
build things.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
deal with abstractions.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
act in a play.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
do research.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
do volunteer work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make decisions affecting others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
work in an office.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
be physically active.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



See next page for additional information about your Holland Code.

TOTAL R I A S E C

Total up each color-coded column above then write in the column letters with the highest three totals (highest first). _____
This represents your interest profile. As you review the *Job Notes 2003* Career Planning Guide look in the Interest Column for this three-letter code. It identifies careers that fit your interests so you may want to explore them further. (Remember — an assessment isn't the final word! It's only one way to start thinking about careers. And this interest assessment is only one type available.) For more information about the Holland Code, careers, majors, and self-assessments talk to a counselor about taking a self-directed search (SDS; Holland, Powell, & Fritzsche, 1994) or a Vocational Preference Inventory (VPI; Holland, 1985). Based on the Holland Code by Dr. John L. Holland

Explore Your Interests-Assess Yourself

A great way to explore careers is to take an assessment. Assessments are tools to help you discover important things about yourself. Assessments can be based on a variety of things, like your skills, interests or values. What's the best thing about assessments? There are no wrong answers!

Assessments help you think about the types of careers that fit you by providing a broad sense of your career options. If an assessment gives you results that seem really unlikely, don't panic! It got you thinking about what you'd like to do, didn't it?

This assessment is based on the Holland Code. Once completed, you will have an interest profile to match to different career areas.

Step 1
Complete the assessment on the opposite page, following the instructions.

Step 2
What follows are descriptions for each interest code. Read the descriptions for the codes in your interest profile.

Realistic: Doers - People who have athletic or mechanical ability, prefer to work with objects, machines, tools, plants or animals, or to be outdoors. They like to work with their hands. They are often practical and good at solving problems.

Investigative: Thinkers - People who like to observe, learn, investigate, analyze, evaluate or solve problems. They often like to work independently, tend to be good at math and science and enjoy analyzing data.

Artistic: Creators - People whose abilities are artistic, innovative or intuitive. They like to work in unstructured situations where they can use their imagination and creativity. They enjoy performing (theater or music) and visual arts.

Social: Helpers - People who like to work with people to enlighten, inform, help, train, or cure them, or are skilled with words. They enjoy

training, instructing, counseling or curing others. They are often good public speakers with helpful, empathetic personalities.

Enterprising: Persuaders - People who like to work with people, influencing, persuading, performing, or managing for organizational goals or economic gain. They like to lead and tend to be assertive and enthusiastic.

Conventional: Organizers - People who pay attention to detail and like to work with data, have clerical ability, and follow through on others' instructions. They have good organizational and numerical abilities.

Conventional people also like working in structured situations.

Now it's time to link your results with the occupational information in the Career Planning Table within Job Notes 2003.

Remember — an assessment isn't the final word! It's only one way to start thinking

about careers. And this interest assessment is only one type available. Other assessments measure different aspects of your personality.

This assessment is based on Dr. John Holland's theory that people and work environments can be loosely classified into six different groups. Different peoples' personalities may find different environments more to their liking. While you may have some interests in and similarities to several of the six groups, you may be attracted primarily to two or three of the areas. These two or three letters are your Holland Code.

*For example, with a code of RES you would most resemble the **Realistic** type, somewhat but less resemble the **Enterprising** type, and somewhat but even less resemble the **Social** type. The types that are not in your code are the types you resemble least of all. Most people, and most jobs, are some combination of two or three of the Holland interest areas.*

Adapted from: http://www.mncareers.org/start_exploring.asp?pageid=se02lmi.mail@state.mn.us

Brought to you by:



NHCRN
New Hampshire Career Resource Network
New Hampshire Employment Security
Economic & Labor Market Information Bureau
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Realistic "Doers"	Investigative "Thinkers"	Artistic "Creators"	Social "Helpers"	Enterprising "Persuaders"	Conventional "Organizers"
<p>Are you:</p> <ul style="list-style-type: none">practicalfranka nature lovercuriousconcreteself-controlledambitiouspersistentathleticmechanicalthriftystablereservedindependentsystematic <p>Can you:</p> <ul style="list-style-type: none">fix electrical thingssolve electrical problemspitch a tentplay a sportread a blueprintplant a gardenoperate tools and machinery <p>Do you like to:</p> <ul style="list-style-type: none">tinker with machines and carswork outdoorsbe physically activeuse your handsbuild thingscare for or train animalswork on electronic equipment	<p>Are you:</p> <ul style="list-style-type: none">inquisitivescientificprecisecautiousself-confidentreservedindependentanalyticalobservantscholarlycuriousintrospectivebroad-mindedlogical <p>Can you:</p> <ul style="list-style-type: none">think abstractlysolve math problemsunderstand scientific theoriesdo complex calculationsuse a microscopeprogram computersinterpret formulas <p>Do you like to:</p> <ul style="list-style-type: none">explore a variety of ideasuse computerswork independentlyperform lab experimentsread scientific or technical journalsanalyze datadeal with abstractionsdo researchbe challenged	<p>Are you:</p> <ul style="list-style-type: none">creativeimaginativeunconventionalindependentoriginalimpulsivecourageouscomplicatednonconformingintuitiveinnovativeemotionalexpressiveintrospectivesensitiveopenidealistic <p>Can you:</p> <ul style="list-style-type: none">sketch, draw, or paintplay a musical instrumentwrite stories, poetry, or musicsing, act, or dancedesign fashions or interiors <p>Do you like to:</p> <ul style="list-style-type: none">attend concerts, theaters, or art exhibitsread fiction, plays, or poetrywork on craftstake photographsbe creativedeal with ambiguous ideas	<p>Are you:</p> <ul style="list-style-type: none">friendlyidealisticoutgoingcooperativeresponsiblekindpersuasivepatienthelpfulinsightfulunderstandinggenerousforgivingempathetic <p>Can you:</p> <ul style="list-style-type: none">teach or train othersexpress yourself clearlylead a group discussionmediate disputesplan and supervise an activitycooperate well with others <p>Do you like to:</p> <ul style="list-style-type: none">work in groupshelp people with problemsparticipate in meetingsdo volunteer workwork with younger peopleplay team sportsserve others	<p>Are you:</p> <ul style="list-style-type: none">self-confidentsociableenthusiasticadventurousimpulsiveinquisitivetalkativespontaneousassertivepersuasiveenergeticpopularambitiousagreeableextrovertedoptimistic <p>Can you:</p> <ul style="list-style-type: none">initiate projectsconvince people to do things your waysell things or promote ideasgive talks or speeches lead a grouppersuade others <p>Do you like to:</p> <ul style="list-style-type: none">make decisions affecting othersbe the best at sales or leadershipstart your own service or businesscampaign for elected officemeet important peoplehave power or status	<p>Are you:</p> <ul style="list-style-type: none">well-organizednumerically-inclinedmethodicalefficientorderlythriftystructuredambitiouspersistentaccurateconscientiousconformingpracticalsystematicpoliteobedient <p>Can you:</p> <ul style="list-style-type: none">work well within a systemdo a lot of paperwork in a short timekeep accurate recordsuse a computerwrite effective business letters <p>Do you like to:</p> <ul style="list-style-type: none">work with numbersuse a keyboardbe responsible for detailscollect or organize thingsfollow clearly defined proceduresuse data processing equipment